

## SNACK GUIDELINES OLDER INFANT CLASS

Each family is assigned a snack day by the scheduler. Please check to see if it is your turn to provide snack. If you can not attend class for any reason, call another parent and trade snack dates. Provide a healthy age appropriate snack for the children. Bring a light snack to share with parents.

- Water should always be provided.
- Juice is optional, but should be watered down for the babies.
- Fruit (bananas, grapes, melon, or apples) should be cut in small bite sized portions for the children.
- Cheerios, crackers, and cheese are favorite finger foods for the older infant group. (Finger foods promote independence through eating).
- Avoid high sugar content snacks. If a parent wishes to bring in food to celebrate a child's birthday, muffins are a more nutritious option. Do not bring in cakes or cupcakes.
- Lab School provides paper napkins and cups. Other items will need to be brought from home.

Wash babies hands before and after snack. to prevent passing germs and soiling books and toys.

Please keep food at the table. Some babies will not be able to sit at the table during the entire snack. They are free to move as needed, leaving the food at the table.

Bring a cup to class. After using the cup place it back in the diaper bag or out of reach of other babies.

Snack time is a social time for babies and parents. When adult voices are too loud, it is overwhelming for some babies and adults.

Observe and stay near your child during snack. Babies often stuff food in their mouth's creating a choking hazard. Popcorn, peanuts and grapes are frequently the cause of choking in young children.

Clean up after your baby encouraging the child to assist as much as possible. The snack parent is responsible for general snack set up and clean up (floors, table, chairs, emptying trash etc.)